

## ABSTRACT OF THE DISCLOSURE

A footwear insole that is put into a footwear when used includes an insole body put in the footwear, and a load-applying part installed on a rear portion of the insole body to apply load to a user wearing the footwear with the insole body. When the user uses the footwear insole of the present invention, since the weight of the footwear is increased, the user can obtain an effect similar to a case that he/she wears a sandbag or a lead jacket, thereby increasing the burning of calories and exercise effect.